Norms

- Bring your best self.
- Speak from your heart AND listen with your heart.
- Stay engaged sustained, voluntary, focused attention.
 Ask for and offer help, ideas, and suggestions.
- Be willing to experience discomfort.
- Expect and accept non-closure.
- Teach and treat each other with dignity
- Have FUN! Work hard, play hard.

Norms Specific to Groupwork

- Everyone has expertise to offer and everyone has something to learn.
- You have the right to ask for help and the duty to assist.
- Pay attention to what other group members need.
- No one is done until everyone is done.